

# Welcome to the 2015 OCASI PD CONFERENCE

## Self-Care For Settlement Workers With



AINA-NIA

# Session Overview

*November 3, 2015 @ 9:45am – 12:30pm*

**Welcome & Intention**

**Introductions & Warm-Up**

**The "Why" Principle**

**Self-Stewardship**

**Integration & Appreciation**

**Circle Out & *"That's a Wrap!"***

# The Intention

To facilitate you gaining simple concepts to increase self-awareness and, provide access to practical techniques that support your work life experience as you care for the needs of your clients/participants.

# Session Guidelines

- Listen with respect, compassion and curiosity, and from the heart.
- Avoid judgment remembering that if it's in the seat, it's likely in the room.
- Exercise flexibility, self-reflection and openness of heart and mind.
- As best as possible, avoid side talk and whispering. Each person's question or comment may support group learning.
- Offer experience (success/challenge/learning) instead of advice.
- Be mindful of time when sharing. Let's hear as many voices as possible.
- When in doubt or need, pause and ask for support.
- Take care of yourself. Take bathroom breaks as needed.
- We are all accountable for our actions therefore, we expect everyone to respect the boundaries/guidelines.

# Mind Body Opening

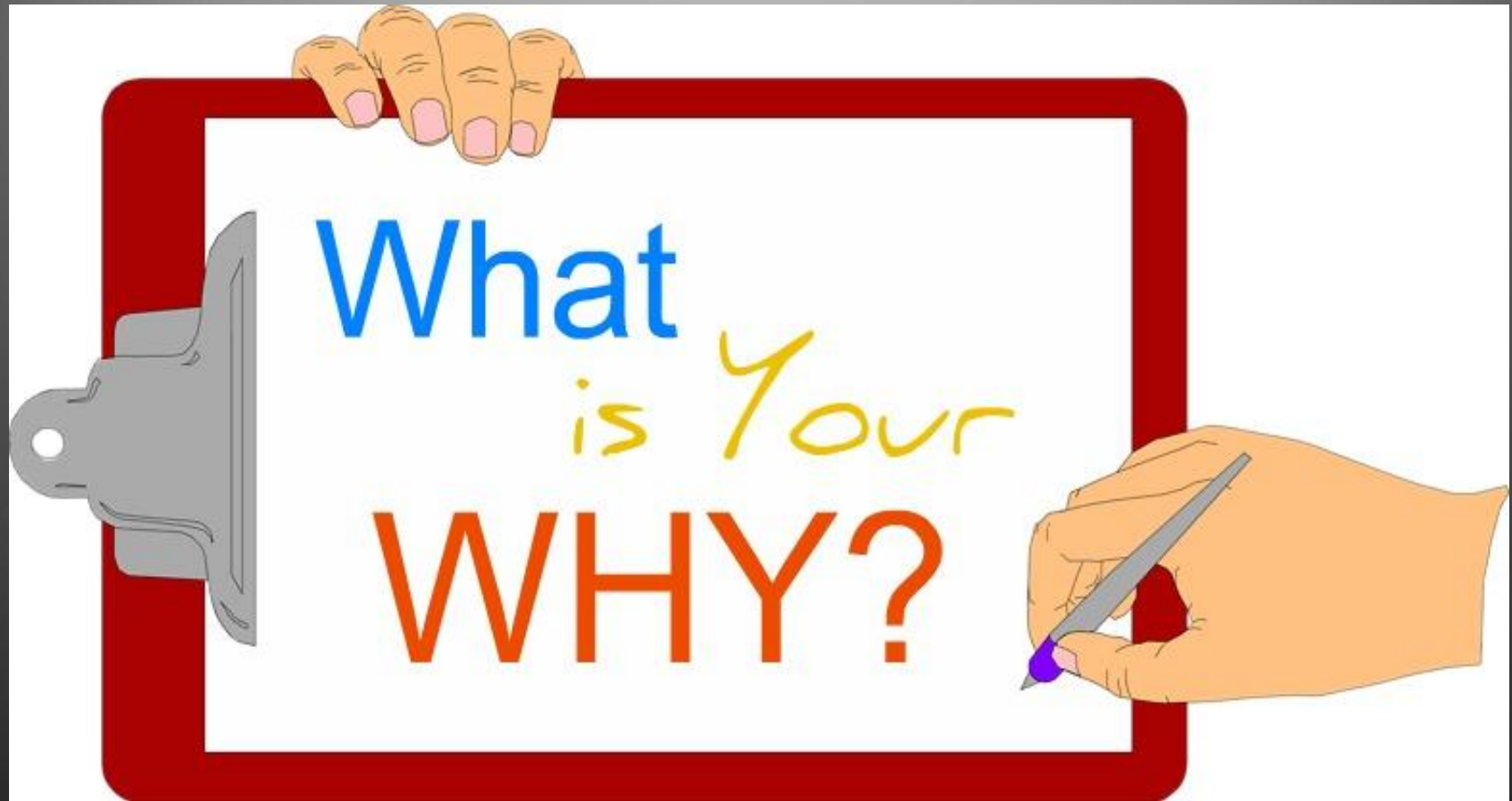
## ~ MOVEMENT ~



# Who// What// How...



# Your Why



<https://www.youtube.com/watch?v=IPYeClTXpxw>



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# Why do you do what you do?

- In 30 words or less write your personal Why Statement on a blank sheet of flipchart paper.
  - Please feel free to be creative with your sheet
- When you are complete, tape your sheet to the gallery wall.
- Please visit the Gallery Wall during your break.

# When Are You Most Challenged @ Work?

**It's been a rough week but  
I made it - how about you?**



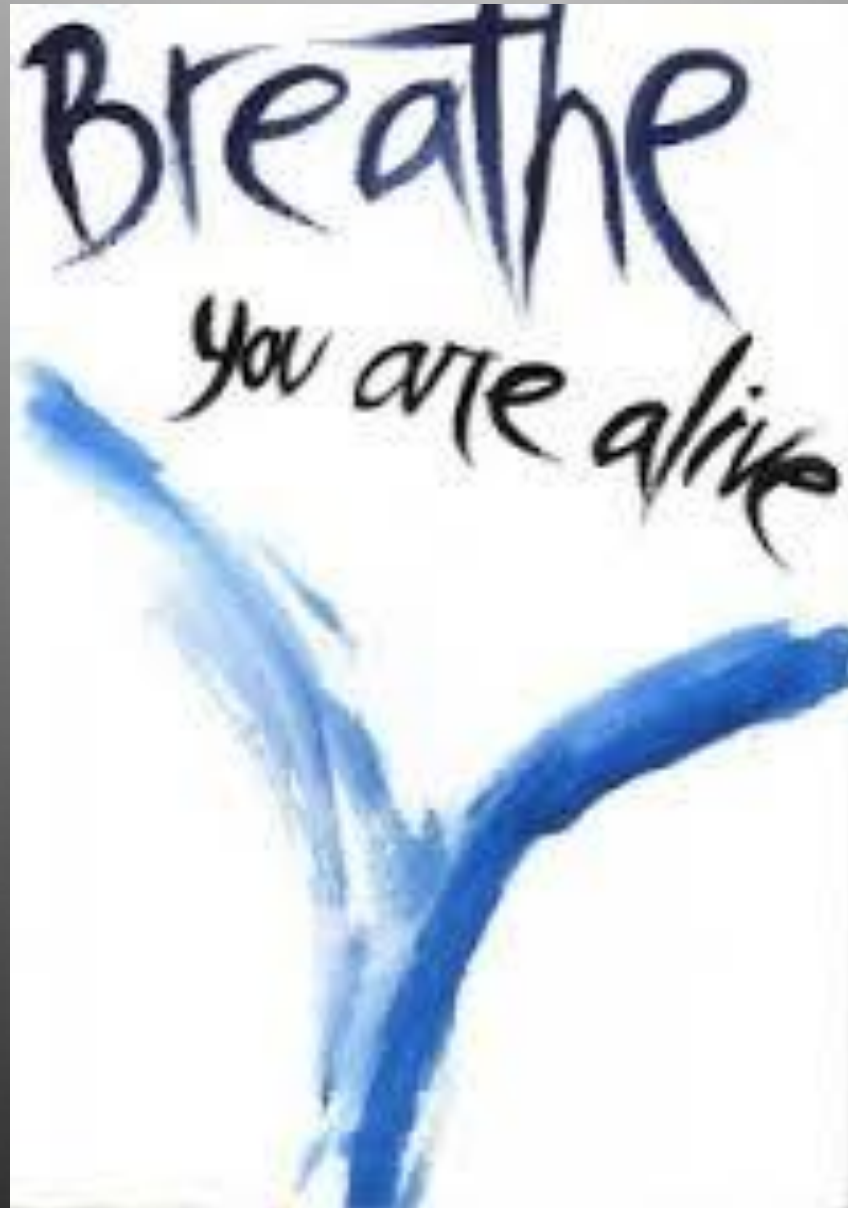
# Where Did The Challenges Go?

## *Secondary Trauma:*

A daily practice through which individuals, organizations, and societies tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself.



# What About YOU?



# *WELLNESS BREAK*



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# Self-Care Model

*Based on model developed at Casey House Hospice*

- **Self-Awareness:**

Am I self-reflective? Am I learning from my mistakes? Am I aware of what I am feeling and thinking? Am I clear about my personal values and beliefs?

- **Self-Esteem/Self Respect:**

Am I able to experience myself as being competent to cope with the basic challenges? Am I aware of my worthiness for happiness (Nathaniel Branden's definition)? Am I able to take responsibility for my actions? Do I take pride in my accomplishments? Am I capable of motivating myself? Am I willing to take risks? Am I capable of handling criticism?



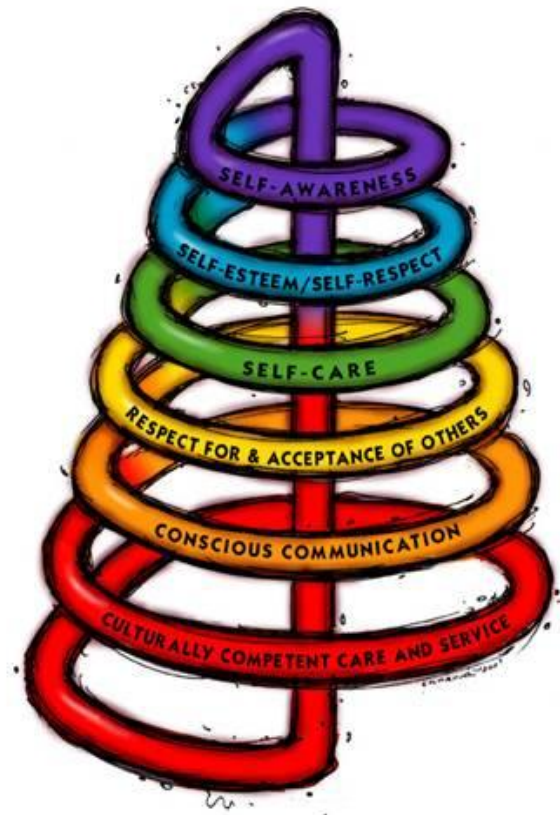
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# Self-Care Model

*Based on model developed at Casey House Hospice*

- **Respect for and Acceptance of Others:**  
Do my judgments of others affect how I listen to them? Do I treat others with respect?
- **Conscious Communication:**  
Do I listen to others with curiosity & interest, even if I don't agree? Do I ask "more" or "tell" more when I am dealing with differences? Am I aware of my verbal & non-verbal communication? Do I take the time to express myself fully?
- **Self-Care:**  
Do I look after myself physically, spiritually, mentally & emotionally? Do I maintain my boundaries? Am I able to say "No"? Do I create supports in my life (personal & professional)?



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# Self-Care = SELF STEWARDSHIP

Careful & responsible self-management  
whilst caring for others



# Take Responsibility for Self-Stewardship

Question some of our most deeply held beliefs about  
how you operate your life and your work

Adopt habits, practices and behaviors of thinking that  
defy internal convictions

- Martyrdom: I have to do it all by myself if it is to get done
- Self-sacrifice: Everybody needs me/Nobody cares

Remain self-aware

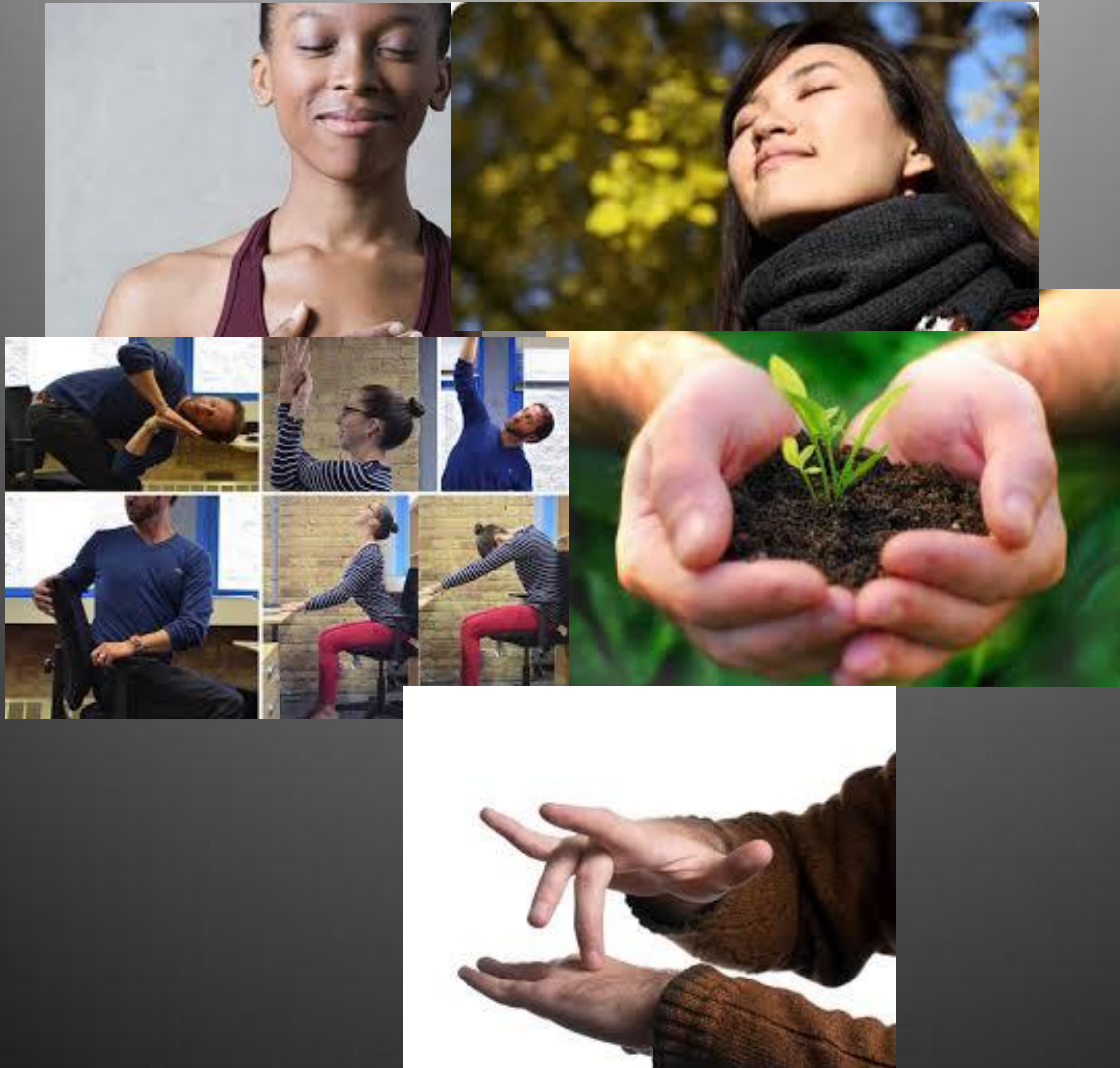
# Effective Self-Stewardship



# Sound Healing

<i>LOCATED</i>	<i>COLOR</i>	<i>SOUND</i>	<i>AFFECTED ORGAN</i>
Base of spine	Red	LAM	Bowels, Kidney, Spleen, liver, Legs, Feet
Below navel in pelvic area	Orange	VAM	Spleen, Pancreas, Reproductive Organs, Fertility, Intestines, Abdominal Organs, Lymph
Just above the navel	Yellow	RAM	Gall Bladder, Stomach, Pancreas, Liver, Enzymes, Digestive Organs,
In the chest area	Green	YAM	All Organs
Throat	Blue	HAM	Thyroid, Esophagus
Between the Eyebrows	Indigo	OM	Pituitary Gland, Pineal Gland, Eyes
Crown of head	Violet,	AUM	Pineal Gland

# 4 x 5 Daily Self-Care Techniques



# Let's Integrate

- **Own** your power: Be courageous and honest with yourself
- Be “*present*” with yourself, no matter how difficult
- Pay **attention** to your intention for your choices
- **Recognize** your own issues
- **Acknowledge** your strengths
- **Build** a positive support system
- Remember your “Why”
- Sound your way back to balance
- Apply the **4 x 5 Wellness Techniques**
- Check-in ~ When you arrive at a frightening place, **slow down**





When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.

Patanjali c 200bc

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# THANK YOU!!!

**Inspiration**

**Purpose**



**Honour**

**AINA-NIA**  
**647-867-1794**  
**aina-nia@aina-nia.com**  
**www.aina-nia.com**

**Appreciation**